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Lemon Spaghetti with Spinach

Lemon Spaghetti with Spinach is a delicious vegetarian pasta dish that is bursting with flavors. This recipe combines al dente spaghetti with a tangy lemon sauce and nutritious spinach. It is a perfect dish for a quick and healthy weeknight meal.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spaghetti
200 g	spinach
2 pieces	Lemon
2 cloves	garlic

2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the spaghetti according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add spinach to the skillet and cook until wilted.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Mixing

Add cooked spaghetti to the skillet and toss to combine.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Mixing

Squeeze the juice of lemons over the spaghetti and season with salt and black pepper.

Toss to coat.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Serving

Serve the Lemon Spaghetti with Spinach hot, garnished with grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	40 iu	4.44%	5.71%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Japanese

Nutritional Content

Low Fat Sugar-Free High Vitamin C High Calcium

Course

Appetizers Main Dishes Salads Soups Snacks

Cultural

Chinese New Year

Cost

\$40 to \$50

Demographics

Senior Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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